



## 8<sup>th</sup> Annual *5 A Day* Mini-Grants!

Have an idea for a project that will increase consumption of fruits and vegetables among a certain group of Montanans? The Montana Nutrition and Physical Activity Program of the Department of Public Health & Human Services is partnering with Eat Right Montana Coalition to award *5 A Day* mini-grants for such projects. Applicants are eligible for up to a \$1000 award, and the total amount available in 2006-2007 is \$7000.

**Mini-grant applications must be received (in hand) by 5 p.m. December 15, 2006.**

Send the completed application to: Lynn Hellenga MS, RD, Nutrition Coordinator, Nutrition and Physical Activity Program, Montana State University, HHD PO Box 173360 Bozeman, MT 59717-3360 or e-mail application to [LHellenga@Montana.edu](mailto:LHellenga@Montana.edu) by December 15. We will notify you in early January 2007 whether we can fund your project, but funds may not be disbursed until February. **Projects must be completed by June 1, 2007.**

This is what we're looking for when selecting the projects to fund:

- Clear and complete description of the proposed project.
- Main focus on promoting access to, and increased consumption of, fruits and vegetables.
- Collaboration with other members of the community.
- Identification of at least one desired outcome.
- Measurable outcomes and a description of the assessment methods to be used with a specific target audience. (Examples: surveys, tracking of fruit/veggie consumption, tracking number of individuals impacted, etc)
- Address what sustainable action steps will be taken in order to make policy and environmental changes that influence access to and /or promotion of locally grown fruits and vegetables.
- Clear description of how the mini-grant funds will be used.

**MINI-GRANT APPLICATION FOR MONTANA 5 A DAY PROJECTS**  
**Applications must be received (in hand) by December 15, 2006**

Projects must be completed and feedback forms returned by June 30, 2007.  
The grant amount can be used for gardening supplies, printing/mailing costs, nutrition education supplies and materials, etc. Food can be purchased with these funds only as part of the nutrition education component. Receipts are not needed. *Please type or print. Attach additional pages if needed.*

Title of Project: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Organization's Tax ID \_\_\_\_\_

(Because these mini-grants involve a State agency, the tax ID is **required** for review of the application and any disbursement of funds.)

**1. Project Plan** (please describe in detail the project components, involvement of the community, school and/or parents, etc.):

**2. Target Audience and approximate participation numbers:**

**3. Desired Outcome** (What do you specifically want to accomplish with this project?):

**4. Evaluation Plan** (How will outcomes be measured, what method of assessment will be used, etc.):

**5.** Describe what sustainable action steps will be taken in order to make policy and environmental changes that influence access to and /or promotion of locally grown fruits and vegetables. Examples may include:

Preparing a garden plot and purchasing gardening tools that can be used year after year.

Constructing a small greenhouse for starting seedlings and/or growing food all year.

Working with parents, youth, local growers and others to establish a policy and procedure for obtaining and serving locally-grown fruits and vegetables at your institution.

**6. How much money is requested (up to \$1000) and how will the mini-grant funds be used?**

---

Organization Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Address: \_\_\_\_\_

City/ZIP: \_\_\_\_\_ Daytime Phone Number: \_\_\_\_\_

If awarded, I verify that the funds from this mini-grant will be used specifically to fund the *5 A Day* nutrition project for our organization as detailed in this application. Our organization will return the funds if the project cannot be implemented. I will ensure that a summary report of the project will be returned to Lynn Hellenga, MT Nutrition and Physical Activity Program, by June 30, 2007.

Signature of Contact \_\_\_\_\_ Date \_\_\_\_\_